



# *Assembly Guide*

**X6000DA & X6200HRT/DA  
DUAL-ACTION ELLIPTICAL TRAINERS**

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**X6000DA**

**X6200HRT/DA**

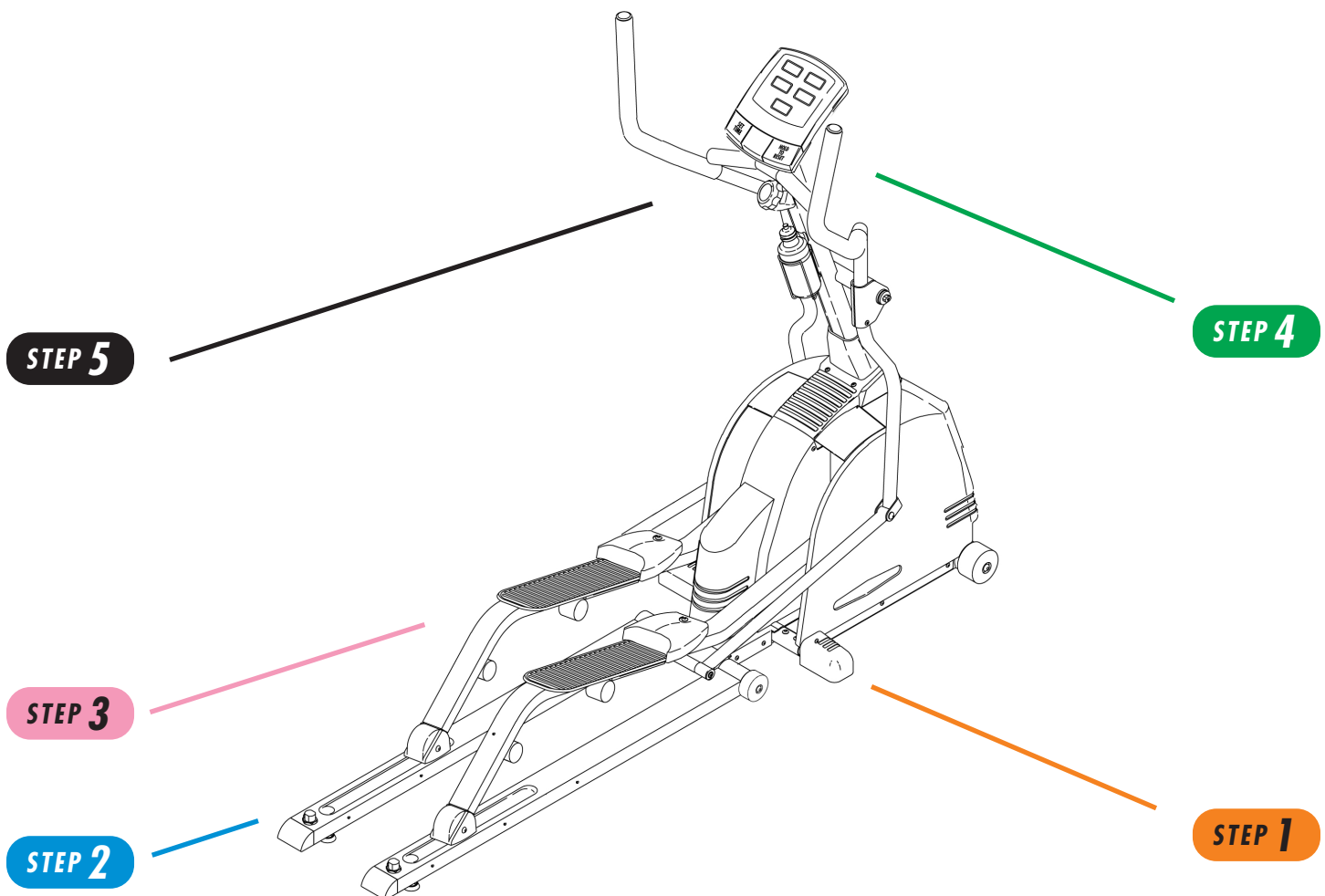
## *dual-action elliptical trainers*

To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order. Before proceeding though, find your new Elliptical Trainer's serial number, located on the front foot axle tube, and enter here:

Refer to this number when calling for service, and also enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Elliptical Trainer.

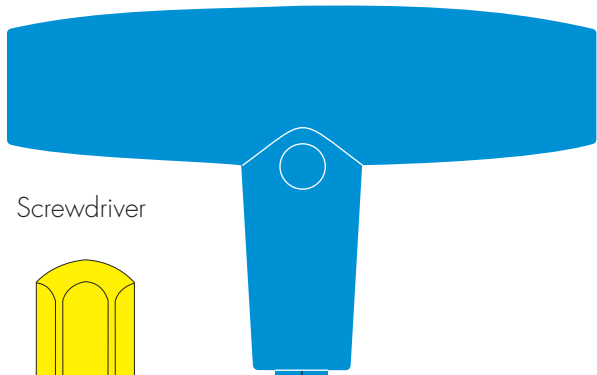
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12

**NOTE:** It is recommended that you apply grease to the threads of each bolt as you assemble your Elliptical Trainer, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

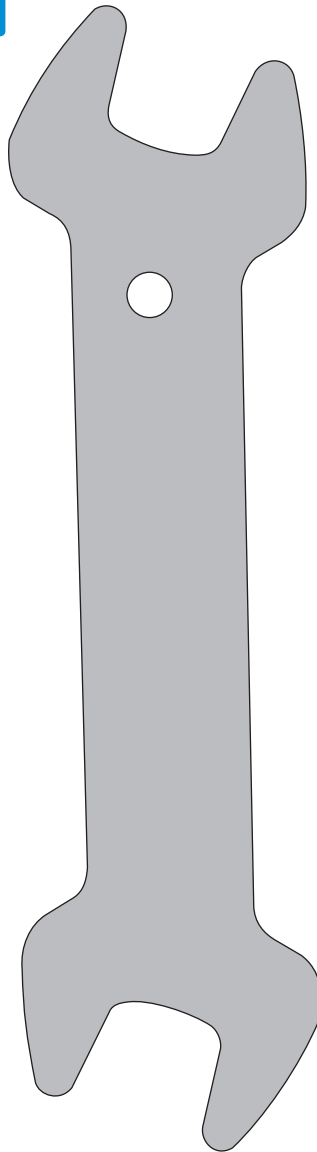


# TOOLS, HARDWARE, & PARTS INCLUDED

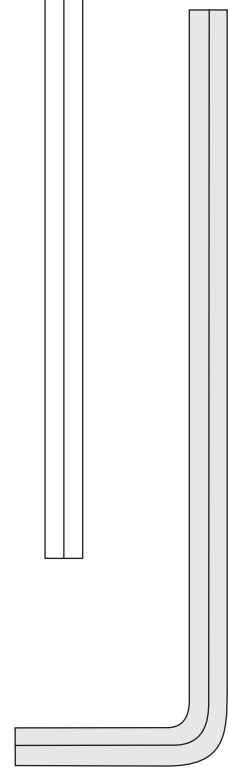
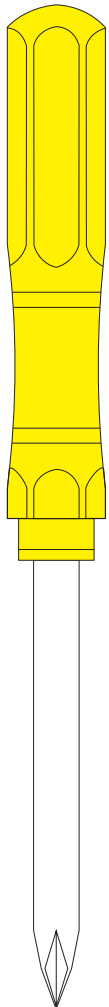
5<sup>mm</sup> Allen Wrench



13<sup>mm</sup> Wrench

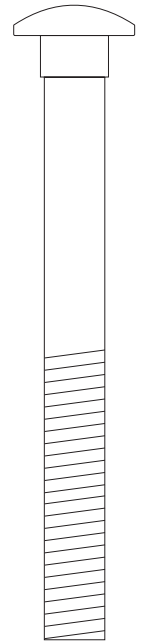
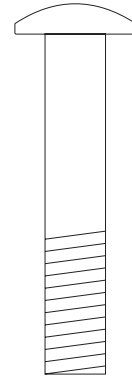
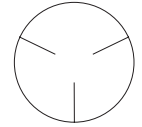
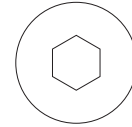


Screwdriver



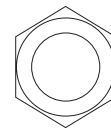
5<sup>mm</sup> L-Shaped Wrench

## PINK BAG



M8 x 45<sup>mm</sup> Bolt  
Quantity: 2  
(X6000DA only)

M8 x 80<sup>mm</sup> Bolt  
Quantity: 4

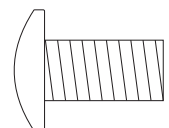
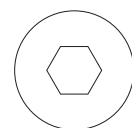


M8 Nylock Nut  
Quantity: 4

## PARTS BOX

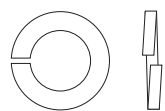
Rear Folding Axle, Qty: 1 • Stabilizer w/ Rubber Cover, Qty: 2  
 Toe Pieces, Qty: 2 • Rear Wheels, Qty: 2  
 Tension Control Knob, Qty: 1 (Model X6000DA only)  
 Console, Qty: 1 • Power Supply, Qty: 1 (X6200HRT/DA only)  
 • 13<sup>mm</sup> Nut Cap, Qty: 2 • Water Bottle & Bracket, Qty: 1 •  
 Heart Rate Chest Strap, Qty: 1 (Model X6200HRT/DA only)  
 Parts Bags • Owner's Guide • Assembly Guide • Warranty Card

## ORANGE BAG

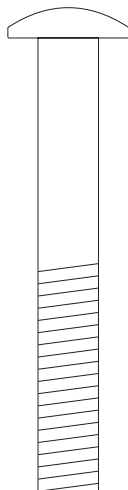


M8 x 16<sup>mm</sup> Bolt  
Quantity: 4

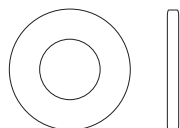
## GREEN BAG



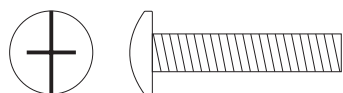
M8 Lock Washer  
Quantity: 2



M8 x 60<sup>mm</sup> Bolt  
Quantity: 2

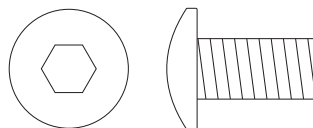


M8 Washer  
Quantity: 2

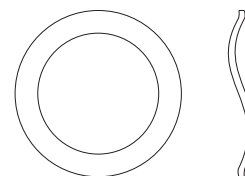


M5 x 25<sup>mm</sup> Bolt  
Quantity: 1  
(X6000DA only)

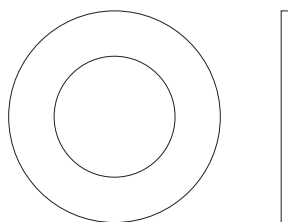
## BLUE BAG



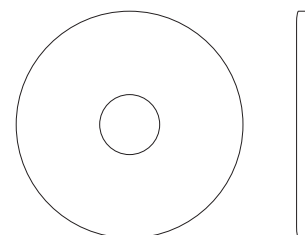
M8 x 16<sup>mm</sup> Bolt  
Quantity: 2



M16 Wavy Washer  
Quantity: 2

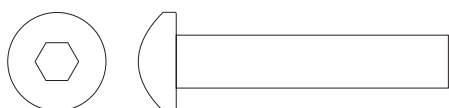


M16 Washer  
Quantity: 2

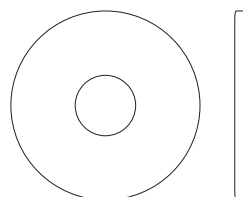


M8 Washer  
Quantity: 2

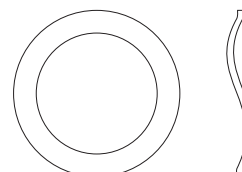
## BLACK BAG



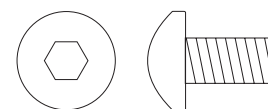
M8 x 36<sup>mm</sup> Bolt  
Quantity: 2



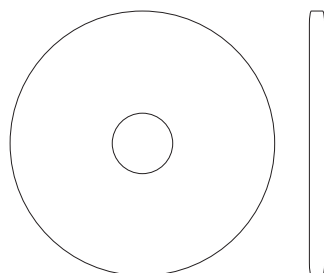
M8 x 25 Washer  
Quantity: 2



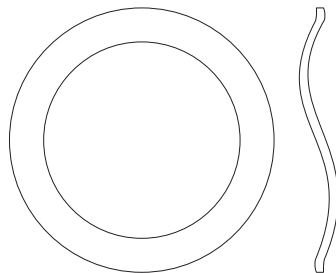
M16 Wavy Washer  
Quantity: 2



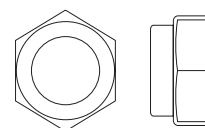
M6 x 12<sup>mm</sup> Bolt  
Quantity: 2



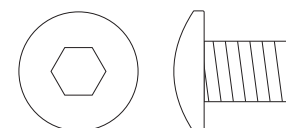
M8 x 35 Washer  
Quantity: 2



M26 Wavy Washer  
Quantity: 2



M8 x 13<sup>mm</sup> Nylock Nut  
Quantity: 2

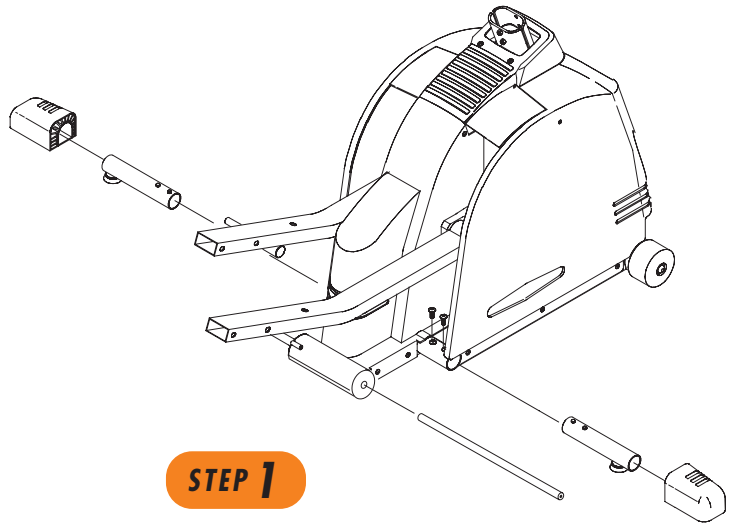


M8 x 12<sup>mm</sup> Bolt  
Quantity: 4

## STEP 1

# ORANGE BAG

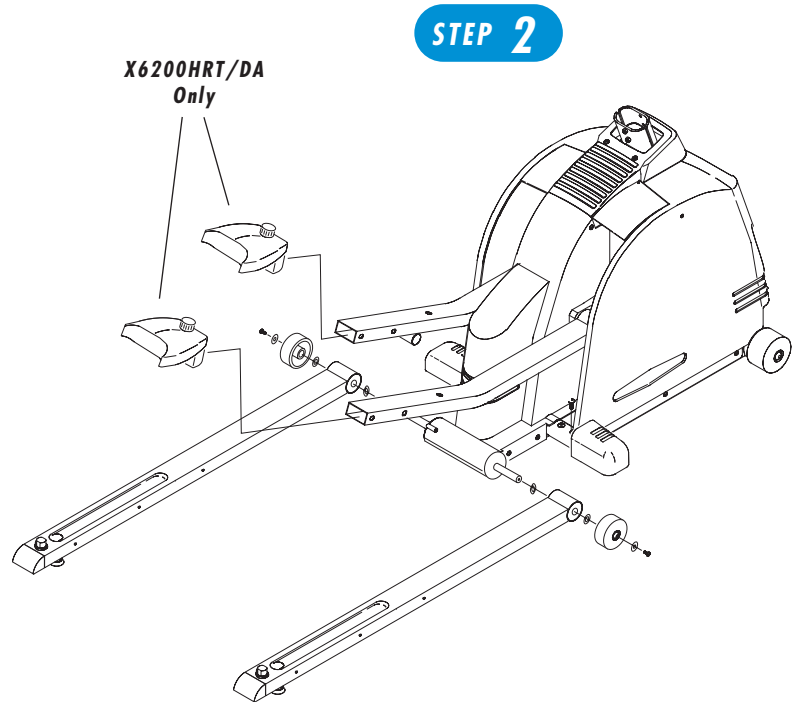
- Install the left and right stabilizers with the four bolts (M8 x 16<sup>mm</sup>), using the Blue 5<sup>mm</sup> Allen wrench.
- Cover both stabilizers with the included rubber covers.
- Insert the rear folding axle shaft into the rear tube.



## STEP 2

# BLUE BAG

- Slide a wavy washer (M16) onto the right-hand side of the rear folding axle, followed by the right-hand pedal arm guide rail (the guide rails each have a blue indicator arrow printed on their sides; these arrows should face to the outside).
- Slide a flat washer (M16) onto the right-hand side of the rear axle, followed by a rear wheel.
- Slide the large flat washer (M8) onto the right-hand side of the rear axle, and secure with a bolt (M8 x 16<sup>mm</sup>).
- Repeat above steps to install left-hand pedal arm guide rail.
- **X6200HRT/DA only:** Slide the toe-piece onto the pedal arm while simultaneously lifting the locking knob. Lock the toe-piece into place at the STEP or GLIDE position.

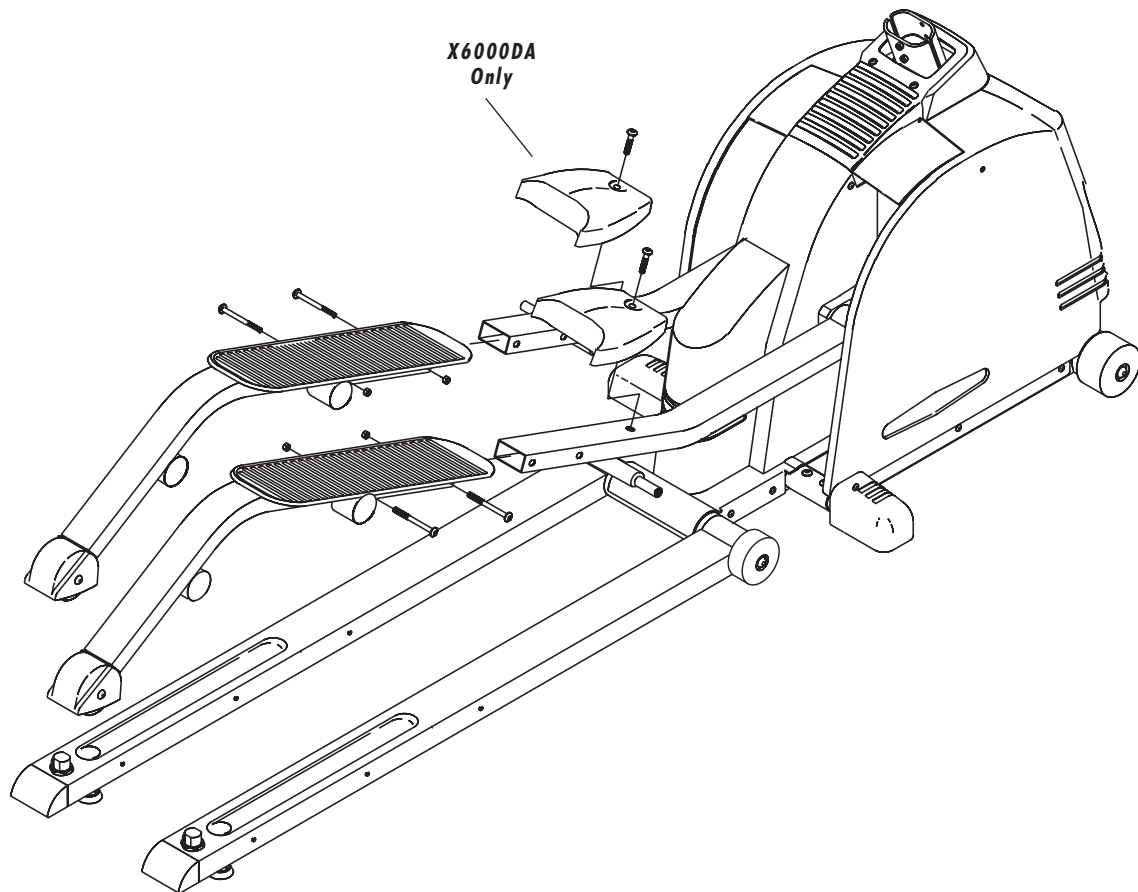


### STEP 3

## PINK BAG

- Mount the rear pedal arms to the front pedal arms using four bolts (M8 x 80<sup>mm</sup>) and four M8 NyLock nuts. Tighten with the 13<sup>mm</sup> wrench.
- *X6000DA only*: Install the foot toe pieces to the front pedal arms with two bolts (M8 x 45<sup>mm</sup>) using the Blue 5<sup>mm</sup> Allen wrench.

### STEP 3



**STEP 4****GREEN BAG**

- **X6000DA only:** Unfold the RPM sensor wire, located in the frame console mast bracket. Remove any kinks.

- **All models:** Slide the rubber console mast cover onto the bottom of console mast, and slide it up as far as it will go.

- **All models:** Unfold the console cable and attach it to the string located at the bottom of the console mast. Guide the wire up through the mast while simultaneously sliding the console mast onto the frame bracket.

- **All models:** Bolt the console mast to the frame bracket with two bolts (M8 x 60<sup>mm</sup>), two flat washers (M8), and two lock washers (M8). Tighten with the Blue 5<sup>mm</sup> Allen wrench. Slide the rubber console mast cover back down over the bolt heads.  
**X6000DA NOTE:** Be sure the RPM sensor wire exits through the small slot at the top right side of the console mast.

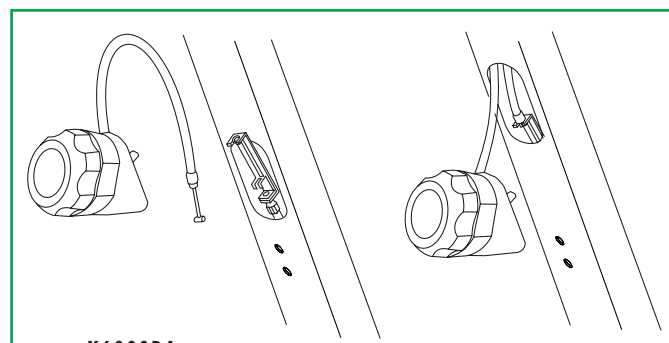
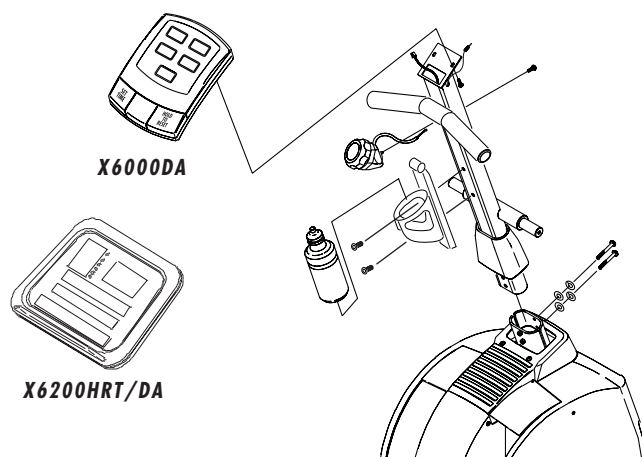
- **X6000DA only:** Install the batteries in the console. Mount console to console mast using the four screws. Plug the RPM sensor wire into the back of the console, and feed the excess back down into the small slot in the console mast.

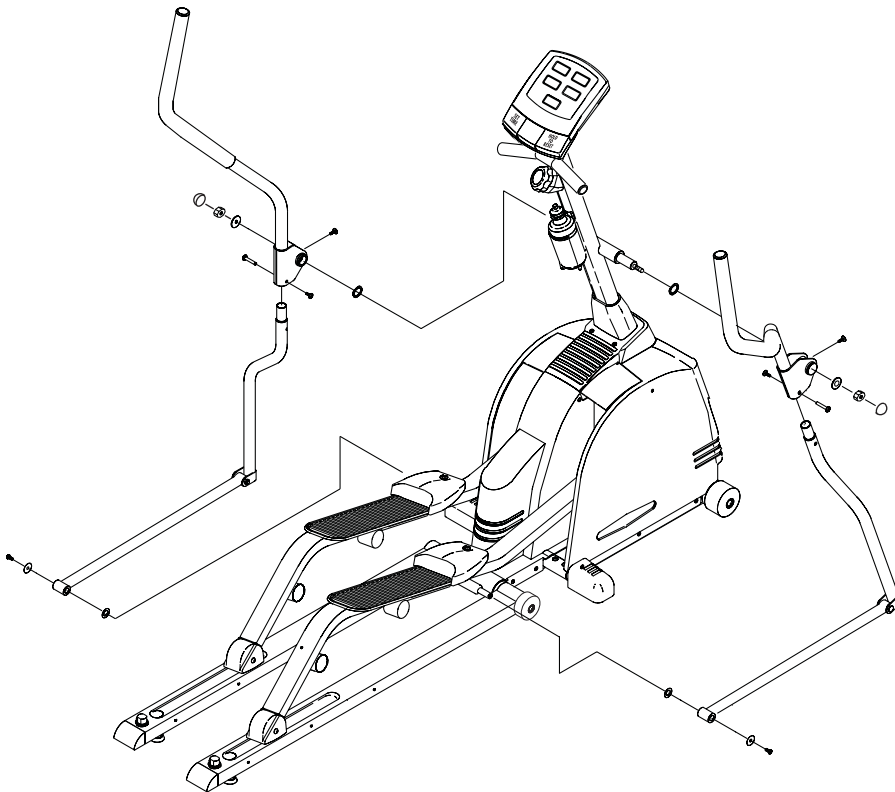
- **X6000DA only:** Turn the tension knob to Level 15. Reach inside the console mast and connect the magnet cables. Turn the knob to Level 1 and mount the knob using a bolt (M5 x 25<sup>mm</sup>).

- **X6200HRT/DA only:** Remove the four screws from the back of the console. Plug the wire connector from inside the mast into the console. The cable connector is slotted, so it may only be connected one way; do not force it!

- **X6200HRT/DA only:** Mount the console to the mast using the four screws. Do not pinch the cable!

- **All models:** Bolt the water bottle cage to the console mast using the two bolts located in the mast.

**STEP 4****X6000DA Only**

**STEP 5****BLACK BAG****STEP 5**

- Slide a large wavy washer (M26) onto the console mast axle. Locate and slide the right upper handlebar bracket onto the console mast axle and attach with a washer (M8 x 35) and M8 NyLock nut, using the 13<sup>mm</sup> wrench. Snap the plastic 13<sup>mm</sup> nut caps over the nuts.

- Slide a small wavy washer (M16) onto the lower pedal arm support, followed by the right lower arm. Attach with a washer (M8 x 25) and bolt (M8 x 12<sup>mm</sup>), using the Blue 5<sup>mm</sup> Allen wrench.

- Pivot the lower arm and insert the top end into the upper handlebar bracket. Attach with bolts (M7 x 35<sup>mm</sup>) and (M6 x 12<sup>mm</sup>) through the side, and bolts (M8 x 12<sup>mm</sup>) from the front. Tighten using the Blue 5<sup>mm</sup> Allen wrench.

- Repeat the above steps to attach the left-hand upper and lower arms.

VISION  FITNESS

621-D East Lake Street • P.O. Box 280 • Lake Mills, WI 53551  
 toll free 1.800.335.4348 • phone 1.920.648.4090 • fax 1.920.648.3373  
[www.visionfitness.com](http://www.visionfitness.com)

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 AG18.01PRD U.S. Patent No. 6,190,289  
 REV3